



# NMCPHC QUICK HITS

## Why You Should Quit Tobacco



Photo by Lance Cpl. John Robbart III

For years, you've been bombarded with messages on television, billboards, and magazines touting about how "tobacco kills." Yet, despite the proven health risks associated with tobacco use, people (maybe you) still smoke cigarettes or cigars, and use other tobacco products, like dip. [According to the Centers for Disease Control and Prevention \(CDC\)](#), **tobacco use is the single largest preventable cause of disease and death** in the United States. Data shows that active duty Sailors and Marines use both smoking and smokeless tobacco at a higher rate than the adult civilian population. We know quitting tobacco isn't easy, but putting in the hard work to quit will pay off in the long run, physically and financially! This Quick Hit provides information and resources to help you and your fellow service members be tobacco free.

### The Costs of Tobacco

Not only do tobacco products burn a hole in your wallet, they cause [widespread damage to your body](#). Depending on the frequency and amount of tobacco products you use, you could [save thousands of dollars per year](#) if you didn't purchase tobacco products. Imagine what you could do with all of that money! Additionally, the [negative health effects of tobacco use](#) affects the mission readiness of Sailors and Marines (like you) leading to heart problems, poor vision, and difficulty breathing. The good news is that you can make a change and start your journey to be tobacco free.

### E-Cigarettes, Vaporizers, and Hookah...

Don't let the fancy flavors or elaborate packaging fool you. Unlike traditional cigarettes, electronic nicotine delivery systems (e-cigarettes, vape pens, e-hookah, etc.) [have only recently come under Food and Drug Administration \(FDA\) regulation](#). The jury is still out on the long-term risks or benefits of using these products, but initial research has shown harmful effects in the short-term.

While hookah is often marketed as a casual social activity and seen as "less harmful", hookah smoke is actually [as toxic as, or more toxic than cigarette smoke](#). [According to BeTobaccoFree.gov](#), a typical one-hour hookah session involves inhaling 100 – 200 times the volume of smoke from a single cigarette. Also, since hookah bars are not regulated in the same way as traditional restaurants and bars are, there is no guarantee the water in a hookah pipe is changed regularly, which may pose additional health risks.

### You CAN Quit...We CAN Help You

At NMCPHC, we want to help you stay healthy and mission ready 24/7. Our tobacco cessation experts have compiled a [web page](#) full of useful resources that can help you or someone you know quit tobacco. Some of the resources include:

- [Starter Kit to Quit Tobacco](#) – for those thinking about quitting or supporting someone who is
- [Ready 2 Quit](#) – an interactive online tool from UCanQuit2.org
- [QuitGuide](#) – a mobile app from Smokefree.gov (available in the Apple App Store and Google Play)
- [Quitlines for TRICARE Beneficiaries](#) – Get more info here from TRICARE or call 1-800-QUIT-NOW to be routed to your state's quitline

For more information on Tobacco Cessation, visit <http://www.med.navy.mil/sites/nmcphc/health-promotion/tobacco-free-living/Pages/tobacco-free-living.aspx>

